

ABSTRACT

An artificial disc having a pair of opposing plates for seating against opposing vertebral bone surfaces, separated by a wave washer having a circumferential extent surrounding a central bore. Various wave washer embodiments disclosed include circumferential extents that are ring-shaped, spiral-shaped, straight, bowed, grooved, wavy, thinning, thickening, and slotted. Various central bores disclosed include simple bores and bores that form a curvate socket. Various plate embodiments disclosed include plates having, on inwardly facing surfaces, a flat surface, a circular recess, or a ball-shaped protuberance that is mateable with the curvate socket. The wave washers are disposable between the plates, through various disclosed couplings, so that the plates compress, rotate and angulate freely relative to one another, enabling the artificial disc to mimic a healthy natural intervertebral disc.